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READ MY LIPS: COLOUR FOR FALL

STRIKING HUES ARE WHAT THE LADIES WILL BE WEARING ON THEIR PUCKERS IF THEY TAKE THEIR CUES FROM FASHION, OR THIS KATY PERRY PIC PAGE 14

IT'S CLOBBERIN' TIME

Saskatchewan Roughriders fans take on a vehicle covered in Winnipeg Blue Bombers emblems for a charity car smash ahead of the Labour Day Classic this weekend at Northgate Shopping Centre's parking lot in Regina on Wednesday. The fans were donating a few dollars for a chance to smash the car to bits at the event, which was aimed at building excitement over the big game on Sunday between Saskatchewan and Winnipeg while also raising funds for the Kidney Foundation of Canada. Check out more photos of the smash up at metronews.ca. ROSS ROMANIUK/METRO

City's homicide rate up, crime down overall

Six homicides in 2013 so far. Mid-year statistics point to interesting trends

ALYSSA MCDONALD
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Although crime continues to decrease in Regina, the city is seeing an increase in homicides this year.

According to statistics released on Wednesday by the Regina Police Service, there have already been six homicides in 2013 — compared to only three reported at the same time last year.

Regina could experience a jump in homicides this year after a total of seven in 2012, though police Chief Troy Hagen said they "can't necessarily assume for a moment that the first six months of the year is going to be a trend."

Hagen also confirmed that many of Regina's homicides and other violence are not random attacks.

"Typically, our experiences here is (they are) relationship-based altercations that turn very, very tragic. And in the overwhelming majority of cases, substance abuse — whether it be drugs, alcohol or both — is involved," Hagen said after the numbers were discussed during a city police commission meeting.

"It's very difficult for us to prevent those types of things from occurring, other than working with strategies to try to strengthen vulnerable people that are addicted to substance abuse and prone to violence."

Other statistics show that crimes against persons and property went down 10 per cent from the same time last year and that crimes against property decreased more than 11 per cent. According to the mid-year report, many kinds of crimes were at 10-year lows.

Traffic offences and drug offences, however, were at 10-year highs.

Regina's population has increased by almost 14 per cent during the past decade, while crime in the city has dropped 46.7 per cent.

"It shows that our community is changing but the police service is on top of its game," said Mayor Michael Fougere.

"There are new dynamics here — new instances of drug use, and those issues that are enforcement-related."

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†**Safeway**: Offer valid August 28 – September 2, 2013. Earn 100 BONUS AIR MILES with a minimum $100 Safeway grocery purchase made in a single transaction. Limit one Bonus offer per transaction. Coupon must be presented at time of purchase. Not valid at Safeway Liquor Stores. Coupon excludes prescriptions, diabetes merchandise, insulin pumps, insulin pump supplies, blood pressure monitors, tobacco, transit passes, gift cards, enviro levies, bottle deposits and sales tax. Other exclusions apply. See Customer Service for complete list of exclusions. ††**Shell**: Offer valid July 29 – September 2, 2013 at participating Shell locations. Minimum $20 Shell V-Power® premium fuel purchase required per transaction to earn the 10x offer. Maximum number of 290 reward miles to be awarded per qualifying transaction. This Bonus offer can be combined only with other AIR MILES Bonus offers requiring in-store payment. ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Shell Canada Products. ®Trademark of Shell Brands International AG. Used under license. †††**RONA**: Offer valid August 16 – September 5, 2013 at participating RONA stores. This offer can be combined with other AIR MILES offers. Some conditions apply. Coupon required. Details in-store. ‡**Michaels**: AIR MILES® Offer valid August 30 – September 2, 2013 on a purchase of $25 or more including taxes and service fees, at Michaels locations in British Columbia, Alberta, Saskatchewan, and Manitoba. Qualifying purchase must be spent in a single transaction. No coupon required. Does not include Michaels® Buy the Bunch,™ Customer Special Order Service. Other exclusions may apply. Reward miles will be posted to AIR MILES Collector Account within 60 days of purchase date. Michaels and the Michaels logo and other trademarks and logos used on this site are owned or licensed by Michaels Stores, Inc. All rights reserved. ‡‡**Timber Mart**: Valid at participating TIMBER MART locations only. Valid only on retail "Cash and Carry" purchases, excluding taxes and Gift Cards. Limit one (1) Bonus offer per AIR MILES Collector Account. Offer cannot be combined with any other Bonus offer promotion. Bonus offers are not cumulative. Offer valid August 30 – September 4, 2013. **AIR MILES**: ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor and Supplier trademarks are owned by the respective Sponsors and Suppliers or authorized for their use in Canada.

Call for change

Resident of Saskatchewan First Nation where child allegedly beaten to death starts petition

A resident of a Saskatchewan First Nation reserve has started a petition to make changes in the community in the wake of a six-year-old boy's beating death.

Bobbi Alexson says he was one of the first to the scene on the Kahkewistahaw First Nation where little Lee Allan Bonneau was found seriously injured last Wednesday.

Lee died in hospital from his wounds, which RCMP say were consistent with an assault.

Alexson, who is 18 and works at the gas store, asks in the petition for peacekeepers and curfews to keep kids safe.

He has a copy at the store and he's letting people know about it on the Kahkewistahaw Facebook page.

So far more than 180 people have signed the petition, most of whom Alexson says are regulars at the store.

"I seen that little boy and his condition was, it was not good at all," Alexson said. "It kind of makes you think twice about everything. It kinda just makes your world stop."

On the reserve's Facebook page, people are airing their concerns, frustrations and support for the petition.

Sharleen Edwards wrote, "I say make it a 'dry' reserve implement it. Would be a great step to healing."

RCMP have not made any arrests in the case.

Lee had been reported missing a couple of hours after being spotted playing with dogs outside the band's community centre, where people had gathered for bingo.

Searchers later found the child about two blocks away from the hall and he was rushed to hospital, where he died of his injuries.

RCMP have said the dogs were not the cause of the boy's wounds.

THE CANADIAN PRESS/CJME

A Market Under the Stars event in late July attracted a huge throng of shoppers to downtown Regina's City Square Plaza. MARCO VIGLIOTTI/METRO

Attn. shoppers: more hours are on the way

Farmers' Market.
Market Under the Stars proves extremely popular, expands with more dates

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Thousands of Reginans will once again be able to experience their favourite farmers market tastes and products at night.

Following the success of its debut evening event earlier this summer, the Regina Farmers' Market will hold two more night editions — called Market Under the Stars — on Thursday and again on Sept. 26 from 4 to 10 p.m.

"(Last time) was an overwhelming success — actually much more so than we expected," said Ada Bennett, manager at the Regina Farmers' Market.

"We figured a few thousand people would come out and that we would gradually build up these night markets, but it was just like immediate success."

The first Market Under the Stars on July 25 attracted 20,000 people to City Square Plaza, causing vendors to quickly run out of food.

"We were stunned — we didn't know what the uptake would be, whether it would be 500 people or 5,000 people," said Leasa Gibbons, manager of marketing and communications with the Regina Downtown Business Improvement District.

"We had amazing feedback from people who were not able to get to the market on a normal basis."

The market will address some of the growing pains felt during its first evening run, in part by adding six food vendors for a total of 12, and eliminating food tickets so shoppers will not have to wait in lines. Instead, people will pay vendors directly while all testers will be less than $4 and drink tickets will be $2.50.

Bennett points out that 80 per cent of the food is local.

Adding to Regina Downtown's usual Thursday action, including Yoga in the Park with Bodhi Tree Yoga and salsa lessons and dancing, is a celebrity pie-eating contest that Bennett says will be tongue-in-cheek funny as competitors are allowed to cheat but not to get caught.

Bennett noted that the market had been hoping to create this kind of event for years, and due to the success it plans to hold six next year as well.

"People in Regina are starting to have an urban feeling and are wanting to go to outdoor things and enjoy themselves," Bennett explained.

"They want something that is upscale and high-quality, and I think that we fit the bill."

Hospitals of Regina Foundation home lottery.
Sprawling $850K house, $25K in cash up for grabs

The grand prize winner of this year's Hospitals of Regina Foundation home lottery will move into a sprawling house in the city's burgeoning southeast.

Located in the subdivision of The Creeks, the $850,000 home features more than 3,000 square feet of living space, three bedrooms, stone countertops and a fully developed basement among other amenities.

In addition to the house, a $25,000 cash prize is sweetening the jackpot for the winner.

"This year's fabulous prize package is worth over $2 million," the foundation announced in a press release. "(The house) is awarded fully finished, professionally decorated, landscaped."

Other prizes in the lottery include a more than 1,800-square-foot "cottage" home at Last Mountain Lake and a 2013 Mercedes-Benz ML350 for the early-bird prize winner. Instead of the ML350, the early-bird winner could choose a 2013 Mercedes-Benz SLK 350 or $70,000 in cash.

Tickets cost $100 apiece, with three-packs available for $250 and five-packs for $375.

Proceeds from the lottery will go toward the Regina Qu'Appelle Health Region to purchase state-of-the-art medical imaging equipment.

MARCO VIGLIOTTI/METRO

The house in The Creeks has more than 3,000 square feet and a developed basement.
MARCO VIGLIOTTI/METRO

The moment we sleep, the dream ends: Obama

Martin Luther King Jr. President uses 50th anniversary of speech to stress fight not over

Rev. Dr. Martin Luther King Jr. speaks to thousands during his "I have a dream" speech on Aug. 28, 1963. THE ASSOCIATED PRESS FILE

The United States' first African-American president paid tribute Wednesday to its most revered civil-rights hero, standing on the steps of the Lincoln Memorial to urge Americans to continue fighting for equality and justice, 50 years after Rev. Martin Luther King Jr.'s historic "I have a dream" speech from the same spot.

"They did not die in vain; their victory was great," Barack Obama said of King and other slain civil-rights leaders of the tumultuous 1960s as he delivered his address just after 3 p.m. on Wednesday, the same date and time that King did a half-century ago.

"But we would dishonour those heroes as well to suggest that the work of this nation is somehow complete. The arc of the moral universe may bend towards justice, but it doesn't bend on its own."

Obama's remarks capped a rainy day of events that began when as many as 100,000 people marched through the drizzle to the National Mall.

Obama and many of the participants — which included Oprah Winfrey, members of King's family, Caroline Kennedy and former presidents Jimmy Carter and Bill Clinton — noted that while King called for equality and justice for all in 1963, African-Americans and other minorities still face significant obstacles.

John Lewis, now a congressman from Georgia who was the youngest speaker at King's March on Washington for Jobs and Equality, pointed out that illegal immigrants are currently "hiding in fear," that African-American men are incarcerated at higher rates per capita than any other demographic and that unemployment and homelessness are still rampant.

Indeed, in the decades since King's famous speech, race relations remain a painful, ongoing concern. Obama himself has often served as a flashpoint for race-tinged ire from his foes.

A recent Public Policy Polling survey suggested a third of those in Louisiana even blame Obama for Hurricane Katrina, which devastated New Orleans three years before he won the Oval Office.

The conservative Daily Caller news website recently maligned Obama for his new dog.

"The Obamas now have two black Portuguese water dogs," the Daily Caller wrote. "The Obamas do not have any white dogs."

There were no Republican speakers at Wednesday's event. THE CANADIAN PRESS

No rest for the moral

"To secure the gains this country has made requires vigilance, not complacency."
U.S. President Barack Obama

U.S. President Barack Obama and first lady Michelle leave at the end of the Let Freedom Ring ceremony at the Lincoln Memorial on Wednesday in Washington, D.C. ALEX WONG/GETTY IMAGES

Privacy. Canadians split over online government surveillance, poll shows

Canadians who were recently surveyed about online privacy were split on whether they approved of governments reading their email.

The poll, commissioned by the Canadian Internet Registration Authority, asked if "it is acceptable or unacceptable for governments to monitor everyone's email and other online activities."

About 49 per cent of respondents said it was "completely unacceptable," about 47 per cent of those surveyed said it was "acceptable in some circumstances" and about four per cent said it was "completely acceptable."

When asked if surveillance would be OK if it could prevent terrorist attacks, about 13 per cent said it would be completely acceptable, about 64 per cent said it would be OK in some circumstances and 23 per cent said it would still be completely unacceptable.

The results suggest Canadians are surprisingly apathetic, said Byron Holland of the Canadian Internet Registration Authority, which manages the .ca domain name registry.

"I think it's fair to say that most of us here and many of us deeper in the Internet community were surprised by Canadians' willingness to give up privacy in the interests of safety," he said. THE CANADIAN PRESS

Are they watching?

About 39 per cent indicated they believed they were already being monitored by the government, while about 15 per cent didn't believe that to be true. About 46 per cent weren't sure.

- **43 per cent** assumed the government was tracking certain search terms.
- **40 per cent** believed the government was saving Internet activity data to be reviewed in the future.

Think you're safe? Canada is no better than the U.S. for online spying: McAfee

Speaking on recent leaks, U.S. software mogul John McAfee says Canada isn't immune from government spying.

"Your Canadian government has all of the facilities that the American government has, no more, no less," he says.

"If you think that the Canadian government is somehow morally or ethically or in any other way superior, you're wrong."

As an anti-virus software tycoon at the head of McAfee Security, he says his early clients ranged from the CIA to the American navy and air force.

"From my experience ... I know for a fact the government knows almost everything about the average citizen."

Ten months ago, McAfee, 67, was a fugitive from the Belize government, wanted for questioning in the mysterious death of his neighbour.
THE CANADIAN PRESS

U.S. software mogul John McAfee is in Canada to work on a biographical documentary by a Montreal-based company. GRAHAM HUGHES/THE CANADIAN PRESS

Netherlands knocking

Russia takes heat for menacing ship

Dutch officials are demanding that Russia explain why it threatened to fire on a Greenpeace icebreaker crew protesting energy exploration in the Arctic waters of the Kara sea.

Russia had denied the Dutch-flagged icebreaker Arctic Sunrise a permit to enter the area over concerns about the ship's ice capability, although Russia has granted permits to dozens of vessels with lesser strength. THE CANADIAN PRESS

Unhappy deal

Fast-food march may break record

Organizers say thousands of fast-food workers are set to stage walkouts in dozens of cities around the U.S. on Thursday, part of a push to get chains to pay workers higher wages. It's expected to be the largest nationwide strike by fast-food workers, according to organizers.
THE ASSOCIATED PRESS

Safety in question

Two more vendors shut down at CNE

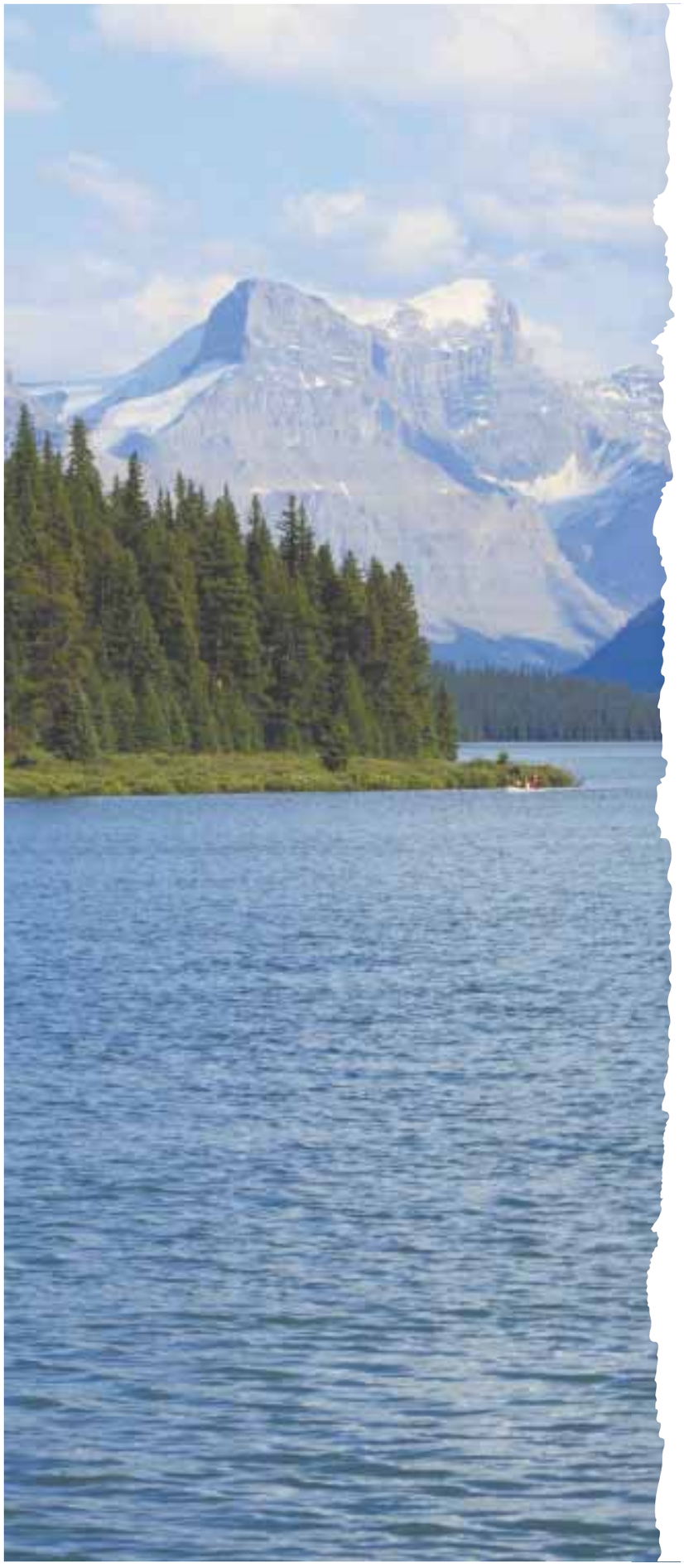
Two more food booths have been shut down at the Canadian National Exhibition, where food poisoning earlier this month forced the closure of a burger stand.

Toronto Public Health said the additional booths — Bourbon Street Grill and Bao 360 Shanghai Express — were closed late Tuesday due to problems with sanitation, food-handling practices and the temperature at which meats were being stored. THE CANADIAN PRESS

Man attacked

Would shock fence have halted bear?

Park officials say they'll never know whether an electric fence failed before a polar bear dragged a man from his tent in northern Labrador. The bear in Torngat Mountains National Park destroyed the fence, so officials said they can't determine if it was working properly. THE ASSOCIATED PRESS



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*Source: Nanos Research Survey, August 2013

U.S. 'concludes' Syria used chemical weapons: Obama

Attack on civilians. White House continues plans for a possible military response; fears of strike ripple across Middle East

President Barack Obama says the U.S. has concluded the Syrian government carried out a large-scale chemical weapons attack against civilians last week.

Obama says the U.S. has examined evidence and doesn't believe the opposition fighting the Syrian government possessed chemical weapons or the means to deliver them.

Obama says he hasn't made a decision about how the U.S. will respond.

The White House says it's planning a possible military response while seeking support from international partners. But the U.S. has not yet presented concrete proof of Syrian government involvement in the attack.

Some lawmakers are calling for Obama to seek congressional approval for a military action.

Fears of a possible U.S. strike against Syria's regime rippled across the region Wednesday, as about 6,000 Syrians fled to neighbouring Lebanon in a 24-hour period and Israelis scrambled for gas masks in case Damascus retaliates against them.

The Israeli government ordered a "limited" call-up of reserve units to bolster civil defence preparations and to operate air-defence units near the border. Officials said the call-up is anticipated to bring in hundreds of troops.

THE ASSOCIATED PRESS

A wounded Syrian woman and her child are treated at the Israeli Ziv hospital on Wednesday in the northern town of Safed, Israel. About 140 Syrians who have been wounded in fighting in neighbouring Syria have been treated in Israeli hospitals since the beginning of the Syrian Civil war. URIEL SINAI/GETTY IMAGES

No concrete proof

U.S. to make case to UN

The U.S. has not presented concrete proof of Syrian regime involvement in the attack, and UN inspectors have not endorsed the allegations, although the UN envoy to Syria, Lakhdar Brahimi, said evidence suggests some kind of "substance" was used that killed hundreds.

Two senior Obama administration officials said U.S. intelligence agencies are drawing up a report laying out the evidence against Assad's government. A declassified version would be made public.

THE ASSOCIATED PRESS

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Humanitarian effort.

Canada downplays military role in Syria

The Canadian government has hinted that its military role in Syria could be limited and that any contribution to an international effort there will be mainly political and humanitarian.

Foreign Affairs Minister John Baird says Canada does not have the weapons to contribute to the types of attacks being discussed.

"Some have speculated in the media and elsewhere that it could involve cruise missiles and armed drones — neither of which Canada has," Baird told reporters after meeting with a Syrian opposition figure Wednesday.

"We'll let decisions be made before we know that we have even the capacity to contribute militarily."

But he traced the outlines of other non-combat ways Canada intends to be involved.

Baird used a brief address to the media to outline Canada's $90-million aid program for the country, saying more than half of that sum would go to food assistance for four million people and shelter and sanitation for 87,000 displaced people.

The Canadian government also appears poised to offer its political blessing to a military intervention.

Foreign Affairs Minister John Baird

THE CANADIAN PRESS

Baird said Canada and its allies are "of one mind" — that chemical weapons have been used and a firm international response is needed.

"We will continue to work with them in lock-step, and review a full-range of options going forward," he said.

He said Canadians are horrified by the scenes of atrocities committed against civilians. And he laid the blame squarely on the Syrian authorities.

THE CANADIAN PRESS

Fort Hood shootings

U.S. soldier gets death penalty in 2009 rampage

A military jury on Wednesday sentenced Maj. Nidal Hasan to death for the 2009 shooting rampage at Fort Hood, delivering the only punishment the Army believed fit for an attack on fellow unarmed soldiers. The sentence was one that Hasan also appeared to seek in a self-proclaimed effort to become a martyr.

Hasan could become the first U.S. soldier executed in more than half a century. THE ASSOCIATED PRESS

Spiralling mayhem

Iraq blasts kill at least 70 in latest round of attacks

Car-bomb blasts and other explosions tore through Shiite districts around Baghdad during morning rush hour Wednesday in a day of violence that killed at least 70, intensifying worries about Iraq's ability to tame the spiralling mayhem gripping the country.

THE ASSOCIATED PRESS

Doctor 'disturbed' to see a second birth control recall

Freya-28. Women who have been taking the oral contraceptive are advised to use an additional method to prevent pregnancy

Women who have been taking an oral contraceptive that's been recalled due to a packaging error could be at risk of an unwanted pregnancy if the entire batch was affected, says the head of the Society of Obstetricians and Gynaecologists of Canada.

Dr. Jennifer Blake said women who have been taking the birth-control pill Freya-28 in the last few months should speak to their doctors and temporarily use an additional method of contraception, such as a condom.

'Twice too often'

"I was so disturbed to see that this had happened again."

Dr. Jennifer Blake, the head of the Society of Obstetricians and Gynaecologists of Canada, of the Freya-28 recall, which is the second for an oral contraceptive this year.

On Tuesday, Health Canada issued a notice of recall for Freya-28 after a pharmacy reported that a package had been found that contained a placebo pill in place of an active one.

Packages of the pills sold by Mylan Pharmaceuticals should have 21 white pills containing active ingredients, laid out in three rows, and a single row of seven green placebo pills.

Two lots of the product that were sold across Canada — 3739F001B and 3739F002B — have been recalled. The company's other birth-control product, Freya-21, is not affected.

The lots contained a total of more than 79,500 individual blister packs of the 28-day contraceptive, company spokeswoman Nina Devlin confirmed Wednesday. Almost 76,300 of those had been distributed countrywide between May 10 and Aug. 22, when the packaging mix-up was reported to the company.

The drug, a generic version of the brand-name contraceptive Marvelon, is packaged for Mylan by Famy Care Ltd., a Mumbai-based pharmaceutical company.

THE CANADIAN PRESS

Pot pile-on. Ford toked 'a lot,' while Wynne puffed 'very, very infrequently'

Ontario's premier and Toronto Mayor Rob Ford threw themselves in the political pot debate Wednesday, confessing they too smoked dope — and more than once.

Ford, who's been fighting allegations that he smoked crack cocaine, raised eyebrows when he freely admitted to using a different drug.

"Oh yeah," he said with a laugh. "I won't deny that. I smoked a lot of it."

Ontario Premier Kathleen Wynne also came clean that she puffed, but "very, very infrequently" and stopped 35 years ago, before her children were born and she was elected.

"It's never been a big part of my life," said the 60-year-old premier.

They're the latest high-profile politicians to own up to using marijuana, after Liberal Leader Justin Trudeau admitted last week that he took a pull on a joint three years ago while he was an MP. THE CANADIAN PRESS

Toronto Mayor Rob Ford answers questions at a press conference at city hall in May. Ford is adding fuel to the controversy surrounding his alleged use of illegal drugs by publicly admitting that he's smoked pot. MICHELLE SIU/THE CANADIAN PRESS

Trudeau. Mum on platform, for now

Justin Trudeau has identified what's ailing the middle class, but he won't be rushed into offering any prescriptions.

The Liberal leader says that will have to wait until the party unveils its platform for the 2015 election.

Justin Trudeau
THE CANADIAN PRESS

"This is not something to take lightly," he said during a break in a Liberal caucus retreat, aimed at plotting strategy for the resumption of Parliament this fall and beyond.

"It's not something to reel off because people want answers. People want answers — but people want to be part of generating those answers.

"And that's where the Liberal party is absolutely serious about the kinds of meaningful consultation and working with Canadians to build a platform."

THE CANADIAN PRESS

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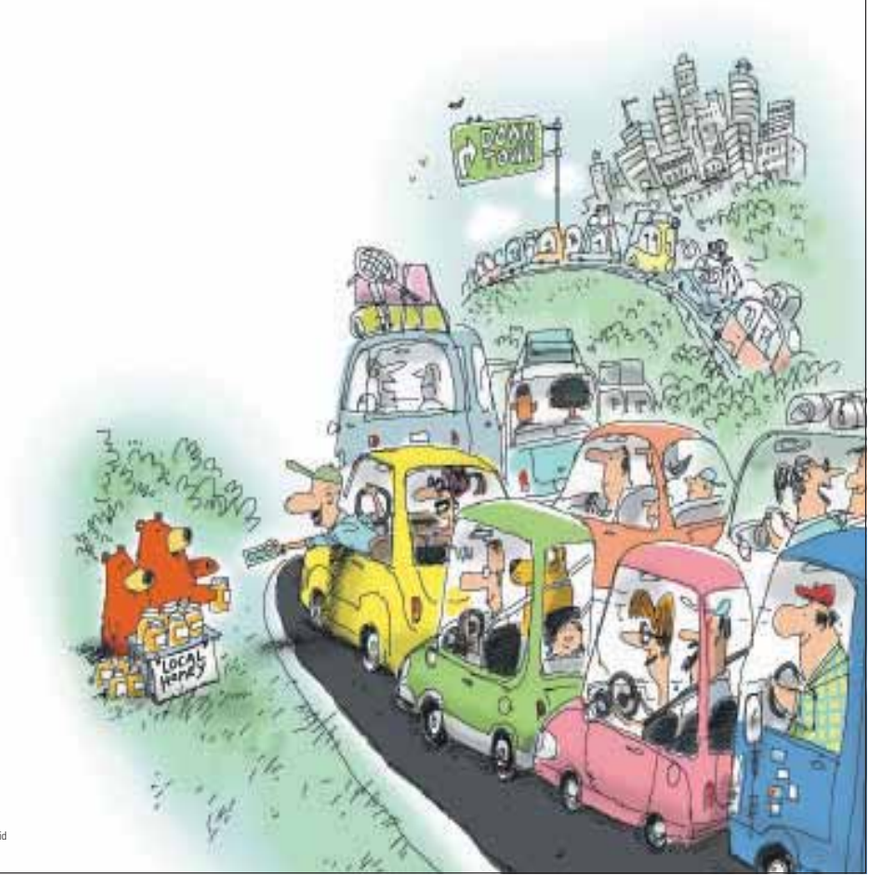

Made-in-U.S. phone isn't more expensive to produce: Research

Home advantage. New Moto X is assembled in Texas, but it's cheaper to make than Galaxy S4

Motorola's new Moto X phone doesn't cost more to make simply because it's assembled in Texas, research firm IHS said Wednesday.

The Moto X is the first smartphone to carry the Made in the U.S.A. designation. While labour costs are higher in the U.S. compared with Asian factories, where phones are typically made, IHS said the Moto X is about five per cent cheaper to make than Samsung Electronic Co.'s flagship Galaxy S4 phone.

The firm said the Moto X's overall production cost is just nine per cent more than that of Apple's iPhone 5.

The findings come as little surprise, as the labour cost of a phone is just a small part of its production cost. IHS estimates that labour and other assembly costs Motorola $12 US per phone for the Moto X, bringing the production cost to $226 US. That compares with $207 for the iPhone 5 and $237 for the Galaxy S4. IHS said Motorola is able to keep the cost of parts low by using standard components that don't break much new ground.

Moto X smartphones, shown here at a press preview in New York this month, are assembled in Texas. That means U.S. clients can order custom designs online for delivery within four days. MARK LENNIHAN/THE ASSOCIATED PRESS

By assembling the phone in Fort Worth, Texas, Motorola is able to let U.S. customers order custom designs online for delivery within four days. Standard black or white models are available immediately at retail stores.

"With the Moto X, Motorola is reaping the public-relations and customization upsides of producing a smartphone in the United States, while maintaining competitive hardware costs," said Andrew Rassweiler, senior director for cost benchmarking services at IHS.

IHS said the estimated $12 for assembly is about $3.50 to $4 more than other leading phones. "Our initial estimate suggests the additional costs of onshoring the Moto X are relatively low," IHS said.

The phone went on sale in the U.S. last Friday, starting with AT&T. It's coming to other carriers, including Verizon this week. The Moto X's price is about $200 US with a two-year service agreement.

The Moto X is Motorola's first phone designed from the start under its new owner, Google Inc. The Internet search company bought Motorola Mobility for $12.4 billion US last year.

THE ASSOCIATED PRESS

Smartphone, smart move?

"With the Moto X, Motorola is reaping the public-relations and customization upsides of producing a smartphone in the United States, while maintaining competitive hardware costs."

Andrew Rassweiler, senior director for cost benchmarking services at IHS

Syria crisis sends Asian markets reeling

A woman walks past the day's Nikkei 225 stock index seen on a board in Tokyo on Wednesday. The growing likelihood of Western military action against Syria pummelled Asian stock markets on Wednesday and sent the price of oil soaring. SHUJI KAJIYAMA/THE ASSOCIATED PRESS

Real estate. Canadian condo market is unlikely to crash, think-tank says

A growing population and continuing, albeit modest, job growth will prevent condo markets in Canada's major cities from crashing, a new report from the Conference Board of Canada predicts.

Sales are expected to fall everywhere but Edmonton this year, with eight-per-cent drops anticipated in Toronto and Vancouver. And mortgage rates, which have been inching higher for the past few months, will likely further cool the market in 2014, according to the report released on Wednesday by mortgage insurer Genworth.

But an all-out crash is unlikely, even in Toronto, Montreal and Vancouver where markets are being watched with concern. The report said a swelling population and a growing number of "condominium-loving empty-nesters" aged 55 and older will support the market, as will modest job growth over the medium term.

The report also noted the banks, which require builders to have pre-sold a certain number of units before they fork over the cash for construction of a new building, will help to prevent an oversupply of condos from flooding the market.

THE CANADIAN PRESS

Market Minute

DOLLAR
95.37¢
(-0.10¢)

TSX
12,607.22 (+16.01)

OIL
$110.10 US (+$1.09)

GOLD
$1,418.80 US (-$1.40)

Natural gas: $3.58 (+5¢)
Dow Jones: 14,824.51 (+48.38)

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Source: David Plett, Globe & Mail

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Athens

Designer found dead after saying aides 'ruined' him

Greek police say Michalis Aslanis, one of the country's best-known fashion designers, has been found dead in his Athens apartment.

His death Wednesday comes a week after Aslanis told a Greek newspaper that he had been "ruined" by close aides who allegedly stole large sums of money from him. A police official said there was no initial indication of foul play in the designer's death.

Aslanis, 63, was the best known of the old guard of Greek fashion designers, whose reputations were mostly domestically based.

THE ASSOCIATED PRESS

Montreal

Bombardier deals in Russia include turboprop plant

Bombardier is attempting to deepen its roots in Russia, signing three preliminary agreements Wednesday, including one that contemplates a Q400 final assembly line for some 100 turboprops that could be worth $3.4 billion US at list prices.

The Montreal-based plane and train manufacturer said it will work with Rostekhnologii, a state corporation controlled by the Russian Federation, to assess the creation of a joint venture to manage the production of aircraft for Russian customers. THE CANADIAN PRESS

Edmonton

Redford will head up trade mission to China

Alberta Premier Alison Redford will lead a delegation to China next month to drum up business in the Pacific Rim.

She is to be accompanied by delegates from 15 small businesses and three regional economic development associations, and the presidents of the universities of Alberta and Calgary. The trip is part of an effort by Redford to broaden Alberta's influence in international markets. In May, her government announced new trade offices would be set up in California, Chicago, Brazil, Singapore and India. THE CANADIAN PRESS

JERKS AND FOOLS, I'M TALKING TO YOU

HE SAYS

John Mazerolle
metronews.ca

Good news, everyone! The new 2013 rules for The Game of Life have been released. Not the board game, the real thing.

Effective immediately, cyclists who ding impatiently at pedestrians while riding on the sidewalk must take an eight-week night course explaining the etymology of the word "sidewalk." This is compulsory with the costs covered in full by you. You're welcome.

On public transit, passengers forced to watch couples engage in long, noisy, open-mouthed kisses now have permission to make special requests, such as "More tongue!" We hope this all-in approach will help smooth over any uncomfortable feelings.

On Internet forums, it is now unacceptable to write "Who cares?" under a story that you took the time to click on and read. This will help free up the Internet for substantive conversation, should that ever become an issue.

Also, you may no longer use an online article about, say, butterfly migration to make a point about whichever political party you dislike. Come to think of it, let's just leave all Internet forums blank for now.

You may not complain about your young children on Facebook. Because no matter how bad a parent you are, they will still probably learn to read.

Using a homeopathic remedy for your cold is using something that has never worked on something that has never been cured, retroactive to the Dawn of Man. Please make a note of it.

During bar arguments, use of the phrases "We can't be sure anything's real," "That's just your opinion," and "Paradigm shift" will result in the instant loss of the argument. Bars may order a special "ringside" bell from the Game of Life catalogue to strike at the end of the argument. Order now and we'll throw in a barstool that automatically ejects the user into the street if they use the phrase "You remind me of me at that age."

Cigarette butts are garbage. Live with it.

Cigarette butts and all other garbage must now be held onto even if there is no garbage can within sight. Thanks to special new laws of "cause and effect," smoked cigarettes, empty potato-chip bags and chocolate-bar wrappers are actually smaller and lighter than they were before you consumed their contents, for easy carrying.

Starting without delay, people who sit with laptops in crowded coffee shops will be chalked off by laptop police to ensure they move after 60 minutes. Violators will be towed.

Singing along so loudly at a concert that everyone within three rows is getting an off-key concert from you instead of the artist they paid $110 to see remains totally awesome, so, please, continue.

As per standard operating procedure, these new rules are for jerks and fools only. Nice, smart people can continue as before.

We hope these easy-to-follow guidelines will help you avoid becoming a sack of useless human flesh. There's so much wasted meat in the world as is.

ZOOM

20,000 people need a shower

ALBERTO SAIZ/THE ASSOCIATED PRESS

Tomato fight sullies streets in Spain

Crowds of people throw tomatoes at each other during the annual Tomatina tomato fight fiesta in the village of Bunol, 50 kilometres outside Valencia, Spain, on Wednesday.

Thousands of people are splattering each other with tons of tomatoes in the annual battle in recession-hit Spain, with the debt-burdened town charging participants entry fees this year for the first time.

Bunol officials said some 20,000 people took part in the hour-long street bash, inspired by a food fight among kids back in 1945.

Participants were this year charged 10 euros ($13) to foot the cost of the festival. Residents do not pay.

THE ASSOCIATED PRESS

A woman kneels on the street covered with tomato juice during the annual Tomatina tomato fight.

ALBERTO SAIZ/THE ASSOCIATED PRESS

Debt-ridden city

5 million

Bunol, with 10,000 inhabitants, has a debt of some 5 million euros.
The town said six trucks brought 130 tonnes of ripe tomatoes to the scene.
Portable showers were set up for revellers to clean up after the battle.
The mayor of the town told a press conference that the decision to charge people was "one that no one wanted to make."

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

In the past few years, Soundcloud has grown from a promising music-sharing site to an absurdly rich source of new music made easy to find with slick social-network tools. If you haven't tried it, sign up for an account and get started by giving these two a follow.

Cascine:

A London/New York-based record label with an eclectic mix of artists, including some real gems that can best be described as daytime disco. Head over to their page and hit play on the first track. You won't press stop any time soon. (soundcloud.com/cascine)

Johnny Jewel:

The production brains behind Portland's mighty Italians Do It Better label, Johnny Jewel also happens to be a benevolent Soundcloud account holder, regularly posting new tracks, remixes and even full albums of his dark dance music. (soundcloud.com/johnnyjewel)

Twitter

@metropicks asked: What's your biggest cell etiquette pet peeve? Eating with a cellphone on the table? The expectations of a company cell?

@5gatos: being on the phone whilst paying for groceries etc. It's just plain rude to the person serving you.

@JameyMPhoto: Seeing someone talking on the phone while being served in the service industry grinds my gears. It's unbelievably rude.

@josephinecleo: was a makeup artist for years, most annoying is to put lipstick on a gal while she's making pre-drink plans on her cellphone!

@ufosinvancouver: Cellphone usage during stargazing. It creates small scale light pollution and makes it incredibly difficult to focus.

@MOWLondon: reading these replies are all true and so many more .....#depressing. Technology has desensitized so many

@thepolishviking: having an in-person conversation repeatedly interrupted by "oops, I need to take this call/check Facebook/tweet/etc". Ouch.

@SusanDB11: people talking loudly on cellphones on bus/train. Nobody wants to hear your conversation!

Follow @metropicks and take part in our daily poll.

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Send us your comments: reginaletters@metronews.ca

metro

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SCENE

Little Chicago's mob mentality

Gangsters. Tunnels of Moose Jaw transports you back through history for a look at the Al Capone links to Saskatchewan

BACKSTAGE PASS
Alyssa McDonald
alyssa.mcdonald@metronews.ca

Deirdre Capone, a great-niece of mobster Al Capone, shows a documentary film crew a photograph of her family home at the Tunnels of Moose Jaw tour complex. ALYSSA MCDONALD/METRO

Before stepping down into the Tunnels of Moose Jaw on Tuesday for a tour called Chicago Connections, our group was made aware of the reputation of prohibition mobster Al Capone and the rumours he used the Saskatchewan city's tunnels to bootleg booze into the U.S. in the late 1920s.

The woman seated beside me — dressed in blue and in her early 70s — turned and whispered in my ear, "I wonder what these people would say if they knew who I was."

I already knew she was no ordinary tourist getting ready for her first tour of the attraction.

She's Deirdre Capone, the famed mobster's great-niece and Florida resident who was visiting Saskatchewan to share her family stories about growing up as a Capone, and about her Uncle Al.

"It was a fun tour — the facts are not totally there," Capone told Metro after the history-based entertainment tour, involving costumed characters in the Tunnels and adjoining buildings, came to an end.

Complete accuracy is difficult to achieve when dealing with a notorious crime lord made even more infamous through his portrayals in Hollywood films and television — and one who left few paper trails and used nicknames and aliases. Whether or not the infamous gangster had even come to Saskatchewan from Chicago on several occasions, as is widely speculated, is open to interpretation.

Deirdre Capone, who wrote the book Uncle Al Capone — The Untold Story from Inside His Family, stands by her assertion that many of the crimes attributed to him are works of fiction spread by a group of businessmen known as the Secret Six who wanted to take down the mobster's empire.

"The only negative information you would ever find out about a Capone was during those 13 years, and most of that was lies," said Capone, pointing to what she insists is a false allegation that her great-uncle had ordered the Saint Valentine's Day Massacre hit on a competing Irish gang.

Deirdre Capone claims that the business run by her grandfather Ralph and his younger brother Al included bootlegging, gambling and prostitution. The only crime that Al was charged with was tax evasion, for which he spent seven years behind bars — including a period at San Francisco's island Alcatraz prison.

Capone did say that her family's operation came up "near here," while history shows that a railway did run from Chicago to North Dakota and to the area around Moose Jaw — nicknamed Little Chicago by some.

A Saskatchewan documentary titled Finding Al is examining family stories passed down in the province in hopes of collecting memories and assessing evidence that suggests that Al Capone did roam the tunnels of downtown Moose Jaw.

"No one has really explored as in-depth as the same way we are doing it right now," said director and producer Kelly-Anne Riess.

"A lot of those people have passed on that have those first-hand accounts, so we want to talk to the second generation before they are gone."

Riess noted that the Tunnels of Moose Jaw have collected many stories over the years. She's exploring those, as well as more recent accounts and records from Ancestry.ca.

"Unfortunately, or fortunately, criminals don't leave paperwork," said Lesley Anderson, family historian with Ancestry.ca and a consultant for the documentary.

"There are other people that have things to contribute (through posting information) that might validate those stories, even though the records aren't there."

Deirdre Capone said, for example, that much of Al's fortune — up to $100 million a year for some time — was hidden in safety deposit boxes in Cuba, and that they were never claimed while Al was still in prison.

"No one outside the family knows these kinds of things," she said. "There are no records of anything like that."

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Versatile Spurlock aims his focus in One Direction

The famous five: One Direction, the subject of Morgan Spurlock's latest documentary, in concert. HANDOUT

One Direction: This Is Us. Talented documentarian wants to take the viewer inside the everyday lives of the ultra-famous boyband

NED EHRBAR
Metro World News in Hollywood

Documentary filmmaker Morgan Spurlock has taken on plenty of behemoths, from fast food to the hunt for Osama Bin Laden to the pervasiveness of product placement. Now he turns his cameras on the reigning kings of pop music, One Direction. But with a band that was formed on reality TV, how much more is there to reveal?

How do you approach telling the origin story of one of the most well-documented groups in history?
The thing for me coming into it was to do it as quickly and as cohesively as possible. It's a very quick part of the film. That whole story probably isn't more than five to seven minutes of the actual movie. I just wanted to take you on the ride with this group so you can get a sense of coming into their lives, understand what it's really like to be a part of One Direction.

As you show in the film, these guys really have trouble going anywhere.
The minute they walk out of their hotel, they get off a plane, there's always people there waiting. They have been blown up through social media — I mean, the fans have really taken ownership of this band — to the point that every time they go anywhere it's literally shared out and broadcast on Twitter. So it's difficult for them to go anywhere now.

Speaking of Twitter, having pop idols isn't necessarily new. But this meteoric rise you discuss in the film, it seems without Twitter it couldn't have happened as fast.
I don't think it would've happened as fast. I think Twitter played a huge part in exploding the band throughout the U.K. first, taking them to Europe. People all over the world heard about them and knew about them before they even had their first record out. So this whole idea of sharing that information was incredible, and part of that is the reason that I think the fans are so dedicated to them and so passionate. It's like having stock in a company.

Do you envision the guys from the Backstreet Boys or New Kids on the Block shaking their fists and going, "If only! Damn you, Twitter! How could you have come so late?"
(Laughs) Those guys didn't seem like they were hurting too much. They should be much more upset about the way that their managers roped them into bad deals and massive ownership of the band, which didn't really happen with (One Direction).

There's been a lot of coverage of the guys' tendency to roughhouse and play grab-ass with each other, yet there's none of that in the film whatsoever.
You see them goofing around. In the end credits you see some of the wrestling that's happening, you see them messing around with each other. There's nothing to the extent of what the media turns things out to be. People just think that they wake up and wrestle all day, and that just doesn't happen. They're backstage walking around shirtless every day, so that's in there.

One surprising thing in the film is how distractingly attractive their backing band is.
Yeah, not only are they a good-looking band, but the back-up band is good-looking. That's true. (laughs) They have four incredibly handsome backing musicians. There's not an ugly guy on that stage. I think there was a conversation about getting uglier musicians (to make the guys look better) and they were like, "No, no. We can't do that."

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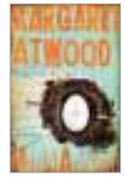
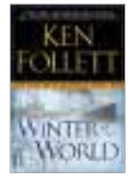


★1. MADDADDAM Margaret Atwood
Combining adventure, humour, romance, superb storytelling, and an imagination that is at once dazzlingly inventive and grounded in a recognizable world, *MaddAddam* is vintage Margaret Atwood, and a moving and dramatic conclusion to her internationally celebrated dystopian trilogy.
Last Week: - / Weeks on List: 1



★2. WINTER OF THE WORLD Ken Follett
Ken Follett follows up his #1 New York Times bestseller *Fall of Giants* with a brilliant, page-turning epic about the heroism and honor of World War II, and the dawn of the atomic age.
Last Week: - / Weeks on List: 1

This Week		Last Week	Weeks on List
3.	OMENS Kelley Armstrong	1	2
4.	THE BONE SEASON Samantha Shannon	2	2
5.	THE GIRL YOU LEFT BEHIND Jojo Moyes	5	2
★ 6.	HOW THE LIGHT GETS IN Louise Penny	-	1
★ 7.	BONES OF THE LOST Kathy Reichs	-	1
8.	THE LAST KISS GOODBYE Karen Robards	8	3
9.	THE KILL LIST Frederick Forsyth	9	2
10.	I DECLARE Joel Osteen	10	4
11.	THE INCONVENIENT INDIAN Thomas King	11	3
12.	WAGING HEAVY PEACE Neil Young	6	5
13.	WALLBANGER Alice Clayton	13	3
14.	THE CASUAL VACANCY J.K. Rowling	14	6
15.	INFERNO Dan Brown	15	15
16.	THE WHITE PRINCESS Philippa Gregory	4	6
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	20
18.	CRAZY RICH ASIANS Kevin Kwan	18	5
★19.	THE SILENT WIFE A.S.A. Harrison	-	1
20.	A TAP ON THE WINDOW Linwood Barclay	3	4

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 2nd
★New this week

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Martin's journey out of the closet was a tough one

While Ricky Martin has been feeling much more at peace since coming out of the closet three years ago, he didn't always feel so great about himself — something he'd take out on others. The Puerto Rican singer admits to GQ Australia that he used to bully other gay people while he was in denial about his own sexuality. "I look back now and realize I would bully people who I knew were gay. I had internalized homophobia," he says. "I was very angry, very rebellious. I was ashamed. When you're told you're wrong by everyone — from society, from your faith — my self-esteem was crushed. I took my anger out on those around me."

Piers Morgan

Billy Ray responsible for Piers' achy breaky heart

Piers Morgan is having a blast teasing Billy Ray Cyrus about cancelling an appearance on his talk show. "Billy Ray was supposed to be on the show tonight to explain his daughter's behaviour," Morgan offered earlier this week, his hopes dashed that the Achy Breaky Heart singer might weigh in on Miley Cyrus' controversial MTV Video Music Awards performance. "I'm not sure he's quite worked out what his explanation is yet, so we've decided to postpone it."

One Direction. ALL PHOTOS GETTY IMAGES

One Direction in jokey mood with Swift at VMAs

The boys in One Direction certainly have a sense of humour. When asked by E! News about being at the MTV Video Music Awards with Taylor Swift — who won an award for I Knew You Were Trouble, a song supposedly about ex-boyfriend and One Direction member Harry Styles — they got a bit cheeky, with Niall Horan offering, "I don't know, she just started writing songs about me." Styles himself chimed in, reporting that he'd spoken with Swift that evening. "I said, you know, she needs to leave him alone," Styles joked. "I said, 'Niall is a nice guy.'"

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Mad for la mode

As the show comes to a close, let's chat about the clothes

Christina Hendricks says it's going to be difficult when the seventh and final season of Mad Men starts filming this November.

"I just want to milk it as long as possible," said Hendricks, who plays Joan Harris on the critically acclaimed AMC drama.

"I want to really enjoy this last season every second that I can because it's been a really special time for me and a really special show."

Hendricks spoke to The Associated Press on Thursday in Chicago, where she was hosting the opening of the city's Magnificent Mile Shopping Festival.

So what was her favourite outfit during the show's run? A knee-length, belted purple dress with a silk fuchsia scarf, which was recreated for the Barbie collector doll.

"It has a little kick-pleat in the back," she said. "It's all about the detail. That's why I love all those vintage things. It's the details."

THE ASSOCIATED PRESS

Christina Hendricks
GETTY IMAGES

Trends Report

- A new hair trend that has the web already buzzing may be the next big thing for 2014. Go online to Trends Report to find out what it is. Hint: You'll be seeing halos.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

Kiss your lip gloss goodbye

NARS SATIN LIP PENCIL IN LUXEMBOURG $25, NARSCOSMETICS.COM

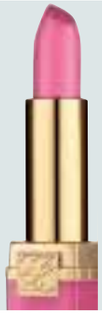
TOPSHOP LIPSTICK IN MISCHIEF $16, TOPSHOP.COM

When creating a bold lip, keep the rest of your makeup simple.
GETTY IMAGES

CHANEL ROUGE ALLURE VELVET LUMINOUS MATTE LIP COLOUR IN L'EXUBERANTE $34, CHANEL.COM

REVLON COLORSTAY ULTIMATE SUEDE LIPSTICK IN BACKSTAGE, $10

NARS LIPSTICK IN SCARLET EMPRESS $26, NARSCOSMETICS.COM



ESTEE LAUDER PURE COLOR VIVID SHINE LIPSTICK IN POPPY LOVE $25, ESTEELAUDER.COM

Inspired by the striking lips at some of the world's biggest fashion shows, including Burberry, Prada, Missoni and Oscar de la Renta, we decided to round up our favourite bold shades to wear now. Pair them with dewy eyes and barely there makeup for optimum pop.

TINA CHADHA

TOM FORD BEAUTY LIP COLOUR IN WILD GINGER, $48, NEIMANMARCUS.COM

M.A.C'S CULT CLASSIC RIRI HEARTS M.A.C LIPSTICK IN RIRI WOO, $15, MACCOSMETICS.COM

One-minute miracle

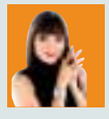
Take a dip in the honey pot

Marc Jacobs Honey Eau de Parfum, $80 (50 mL), available at Hudson's Bay.

"Freshen up your fragrance wardrobe during the last days of summer, with a new spritz from Marc Jacobs. Honey is the inspiration and name of this perfume, but the scent is a mix of pear, mandarin, peach,orange blossom and honeysuckle. With a base of honey and vanilla it smells good enough to eat." Deborah Fulsang, TheKit.ca

FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@TypeACreative1: The only down side to losing 30 lbs is that my fave maxi dress by @EDITbyJeanneB doesn't fit! @Jeanne_Beker

@Jeanne_Beker: @EDITbyJeanneB Awww! Get a good alterationist!

@DejaLaVogue: hi Jeanne! love how ur Real & Enthusiastic re: fashion. i'm a Cdn accessories artist getting a start... encouraging words? TY:D

@Jeanne_Beker: Don't be afraid. And NEVER give up!!

@charmedchickJG: A curious question: do you like to knit?

@Jeanne_Beker: I have completed a couple of sweaters and many a long scarf in my day!

Back to the school routine

Summer is sadly almost over and the back-to-school routine will be setting in soon for most families. Getting kids up, showered, fed and on their way is no easy task. Here are some handy products to help ease your child into the school year.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Wake-up light

No need to flicker the lights on and off to wake up your teen; there's an alarm/lamp that will do a better job. HF3505 Philips Wake-up Light, $99, homehardware.ca.

Block-out blinds

Get your little ones to sleep early in the evening (or to sleep in on weekend mornings) with room darkening blinds. Roman Blackout Shades, from $39, bouclair.com.

Friendly alarm

Sometimes a trusted friend is the only one that can get the kids out of bed. Let your little one choose their fave. LEGO Ninjago Figure Clock, $25, toysrus.ca.

Carry it all

Tweens and teens will run to the shower if they can take their favourite bath accessories without sharing. Mesh Shower Tote, $18, bedbathandbeyond.ca.

Timed toothbrush

With an auto two-minute timer, you'll be sure they are brushing long enough. Fun music tones tell them when to move the brush to another area of the mouth. Philips Sonicare For Kids toothbrush, $70, target.ca.

Musical shower head

Encourage more time in the shower by playing their favourite music. Moxie shower head and coloured Bluetooth speakers, from $148, kohler.ca.

Breakfast helper

Your teens can have some fun in the mornings by making their own hot breakfast sandwich. Breakfast Sandwich Maker, $30, hamiltonbeach.ca.

Removable memo board

Get them set for the week by having the agenda easily in sight. WallPops! Interlocking Puzzle Dry Erase Board Set, $14, bedbathandbeyond.ca.

No-key door lock

No need to worry about lost keys — simply set up a pass code and finger print system for each family member. ITouchless Bio-Matic Fingerprint Deadbolt Door Lock, $400, homedepot.ca.

Key safe

Keep an extra key safely locked away for babysitters, locked out kids and deliveries to the house. GE Key Safe Slimline Push Button, $40, homedepot.ca.

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The Pavo

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iTunes FESTIVAL

Vampire Weekend
September 15

Thirty Seconds to Mars
September 18

Robin Thicke
September 24

You and a friend. London, England. The biggest concert of the year.

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Every day in September, the biggest names in music hit the stage at the Roundhouse in London, England. You can watch them live for free on iTunes.

club metro

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No purchase necessary. Contest open to residents of Canada excluding Quebec who have reached the age of 18 years or older. Odds of winning depend on the number of eligible entries received. To enter and for complete contest rules visit www.clubmetro.com

Where protein and veggies exist in unity

Layered Chicken and Eggplant Parmesan

This recipe serves four. COURTESY ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great dinner when you want to combine your protein with your vegetables. Eggplant and chicken go well together.

Ingredients

- 2 eggs
- 2 tbsp milk
- 2/3 cup seasoned bread crumbs
- 3 tbsp grated Parmesan cheese
- 4 crosswise slices of eggplant, skin on, approximately 1/2 inch thick
- 1 lb skinless, boneless chicken breasts (about 4, pounded thin)
- 2 tsp vegetable oil
- 1 tsp minced garlic
- 1/2 cup tomato pasta sauce
- 2/3 cup grated havarti cheese

1. Preheat oven to 425 F. Spray a baking sheet with vegetable spray. In small bowl, whisk together eggs and milk. On plate stir together bread crumbs and Parmesan. Dip eggplant slices in egg wash, then coat with bread-crumb mixture. Place on prepared pan and bake for 20 minutes, or until tender, turning once.

2. Meanwhile dip chicken in remaining egg wash, then coat with remaining bread-crumb mixture. Heat oil and garlic in nonstick skillet sprayed with vegetable spray and cook chicken for 4 minutes, or until golden brown, turning once.

3. Spread 1 tbsp of tomato sauce on each eggplant slice. Place one chicken breast on top of each eggplant slice. Spread another 1 tbsp of tomato sauce on top of each chicken piece. Sprinkle with cheese and bake for 5 minutes or until cheese melts.

Dinner. Oven Rotisserie Chicken with Nut Rice

1. Preheat oven to 350 F (180 C) or 320 F (160 C) for convection oven. Place chicken legs into the bag with the sliced spring onions and follow the cooking instructions on the Maggi pack.

2. In a large, dry, frying pan, toast the cashew nuts gently, stirring frequently until golden, then transfer to a plate.

3. Cook rice according to pack instructions; set aside (covered).

Ingredients

- 8 chicken legs
- 4 spring onions, sliced
- 1 pack Maggi So Juicy Rôtisserie
- 1/4 cup cashew nuts
- 1 cup converted white rice
- 2 tbsp canola oil
- 1 small head of broccoli, cut into florets
- 2 eggs, beaten

4. Heat half the oil in the same pan and stir fry the broccoli until tender. Transfer into a bowl and keep covered.

5. Heat the remaining oil and add the beaten egg to the pan, cooking like an omelette and breaking it up into pieces.

6. Add rice to pan with broccoli and cashew nuts, reheat until piping hot then serve with the chicken.

NEWS CANADA/ MAGGI

For your phone

College Kitchen Cookbook (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Amongst advice for reheating leftovers, using slow-cookers and creating hang-over cures, this post-secondary chef's guide includes frugal and creative recipes for making ramen burritos, Margherita pizzas, and no-bake cookie bars.

Evolution of classrooms

Change. Interactive technology means schools are slowly switching to tablets and laptops

MICHELLE WILLIAMS
For Metro

Advances in technology, such as tablets, laptops and smartphones, are taking the power of learning to a whole new across the country. SYDA PRODUCTIONS/COLOURBOX

Digital learning has finally come of age in schools.

"Learning in the 21st century is all about getting kids actively involved and highly engaged, giving the students a voice and encouraging them to take ownership of their learning," said Toronto District School Board principal Cassandra Alviani-Alvarez.

Access to technology in every school, from laptops to tablets to smart boards (interactive white boards), is interactive and paying off in classrooms.

"Kids are spending a lot more time learning," Alviani-Alvarez said. "We have mobile carts that travel from class to class with enough tablets and laptops for everyone in the class. It's fair to say that, in some schools, kids are spending well over half their time on computers."

While not all schools are wireless yet, ministries are pushing for high-tech learning in the near future. It's meant to keep up with the fast pace of the digital world and optimize electronics in child-based learning.

"We want kids to have good problem-solving and critical-thinking skills," Alviani-Alvarez said. "And we live in an era where learning happens quickly as a result of the Internet. We're also in an app world. Kids use apps for everything from figuring out money to doing multiplication tables."

So how does it all work?

"Teachers post work on a smart board, kids do the work on their computers or tablets and submit the work online to their teacher using the class website," Alviani-Alvarez said.

"Kids love learning this way and it takes the power of learning to a whole new level."

So are books going the way of the dinosaur?

"Of course we still use books, paper and writing utensils. We don't want kids sitting in front of the screen all the time. But computers have so many great applications to help spark engagement, deepen learning and open new possibilities for students."

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Sam Steel, the Pats' top pick in this year's WHL bantam draft, speaks to members of the media in Regina on Wednesday. The 16-year-old Alberta product hopes to crack the team's roster immediately. MARCO VIGLIOTTI/METRO

Top pick Steels the show at Pats camp

WHL. Talented 16-year-old draws heady comparisons on first day of training camp

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The Regina Pats started training camp with a bang on Wednesday, announcing the signing of Sam Steel — their top pick and the Western Hockey League's second overall choice in the 2013 bantam draft.

"We needed to add a highly skilled player. I feel Sam fits that mould," Pats general manager Chad Lang said of Steel.

"His vision and ability to make players around him better is something special."

Lang praised Steel as a dynamic, exciting offensive presence in the mould of former Pats standout forward and current Edmonton Oilers star Jordan Eberle.

While Steel has said he would like to add a grittier dimension to his polished, finesse skill set, Lang argued that the Sherwood Park, Alta., product could rely on his superior vision to free up space.

"A lot of times he never finds himself in the dirty areas because he finds the open ice and pucks seem to find him," Lang said.

"That's what skill players are all about."

Addressing the Regina media for the first time, Steel said he is thrilled to join one of the WHL's oldest franchises and that he'll strive to achieve the rare feat of earning a spot on the roster as a 16-year-old rookie.

"It wasn't a tough decision at all — it's such an amazing organization," he said of joining the Pats.

"I am looking to play a few exhibition games this upcoming week, hopefully play a few regular-season games — and, if I can, crack the roster."

Casting himself as a speedy playmaker, Steel said he likes to "think the game" and "make the other players around me better."

He added that he would return to Sherwood Park if he fails to find a full-time spot with the Pats this season.

CFL

Jackson making return to Riderville

Tristan Jackson is back with the Saskatchewan Roughriders.

The veteran defensive back/kick-returner re-signed with the Riders on Wednesday.

The five-foot-eight, 185-pounder spent the last two seasons in Saskatchewan. Jackson, 27, appeared in 13 regular-season games in 2012, registering 30 kick-off returns for 794 yards, 32 punt returns for 303 yards and four missed field goal returns for 267 yards, taking one back 129 yards for a TD. THE CANADIAN PRESS

Tristan Jackson is returning to the Riders. THE CANADIAN PRESS FILE

CFL

Peach falls out of favour in Steel City

The Hamilton Tiger-Cats released veteran defensive lineman Greg Peach on Wednesday.

The six-foot-three, 255-pound Peach joined the Ticats as a free agent prior to the 2012 season. He had 36 tackles and six sacks in 16 games with Hamilton.

Peach, 26, began his CFL career with the Edmonton Eskimos in 2009.

THE CANADIAN PRESS

Venus falls from orbit at Flushing Meadows

Venus Williams falls to the court during her loss to Zheng Jie of China at the U.S. Open on Wednesday in New York. MATTHEW STOCKMAN/GETTY IMAGES

Venus Williams dug herself out of deficits over and over again, until she simply ran out of solutions, exiting the U.S. Open before the third round for the third year in a row.

At 33, two-time champion Williams was the oldest woman in the second round at Flushing Meadows, and while she made things interesting after a poor start to the match and to the final set, she couldn't sustain her solid play all the way through and lost to 56th-ranked Zheng Jie of China 6-3, 2-6, 7-6 (5) on a wet Wednesday.

The match lasted three hours, two minutes — making it the longest between women in the tournament so far — and the third set alone went one and a half hours, closing when Williams missed a volley, then a return, on the last two points. She wound up with 44 unforced errors in all, half on forehands.

During her on-court interview, Zheng addressed the partisan crowd that was pulling for Williams, saying: "First, I want to say, 'Sorry, guys.'"

Rain began falling in the early afternoon, jumbling the schedule, and eight women's singles matches were postponed, including Williams' younger sister, defending champion Serena, against Galina Voskoboeva.

Canadian Eugenie Bouchard's match against Germany's Angelique Kerber was postponed until Thursday. In all, there were more than four hours of delays during the day, and 2012 men's winner Andy Murray had yet to play a point as the time approached 9 p.m. Wednesday. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Others will look to you to lead the way and to make the kind of decisions they are either unable or unwilling to make. It's a big responsibility but you're big enough to shoulder it — and you're a natural leader.

♉ Taurus
April 21 - May 21
You will have to get tough with someone you work with today. You know if you don't, they will take it as a sign of weakness and walk all over you. Don't let it reach that stage.

♊ Gemini
May 22 - June 21
The most important thing now is that you let the world know you cannot be taken for granted. That does not mean go to extremes but find ways to show you are a serious player.

♋ Cancer
June 22 - July 23
Anything that requires careful planning and sustained effort will come easy now and even if you start from a position that is way behind your rivals, you will soon overtake them. You have what they don't: staying power.

♌ Leo
July 24 - Aug. 23
Take a leading role in whatever project you are working on. You don't have to barge in, elbows flying, and knock everyone else out of the way. Just lead by example and others will surley follow.

♍ Virgo
Aug. 24 - Sept. 23
You may have thought that battles with co-workers were a thing of the past, but no such luck. If you are challenged today, you must strike back quickly and decisively.

♎ Libra
Sept. 24 - Oct. 23
Take a risk today if you think the odds are worth it but if you are uncertain then leave well alone. There may be only a dollar or two at stake but if you lose it will feel like a million.

♏ Scorpio
Oct. 24 - Nov. 22
You will snap at people for the slightest little thing today. With Mars moving through the most ambitious area of your chart you simply cannot be bothered with other people's petty problems.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to be on the move today, so whatever your duties or chores may be, make sure you give yourself some free time. If you get an invite to a social event, take it.

♑ Capricorn
Dec. 22 - Jan. 20
Don't turn down an opportunity for a promotion just because there is a lot more work involved. Since when have you been afraid of rolling up your sleeves and getting stuck in? Show them how it's done.

♒ Aquarius
Jan. 21 - Feb. 19
Give yourself something to aim for and don't stop until you have reached your goal. It may at times seem as if the world is against you but that will encourage you to try harder.

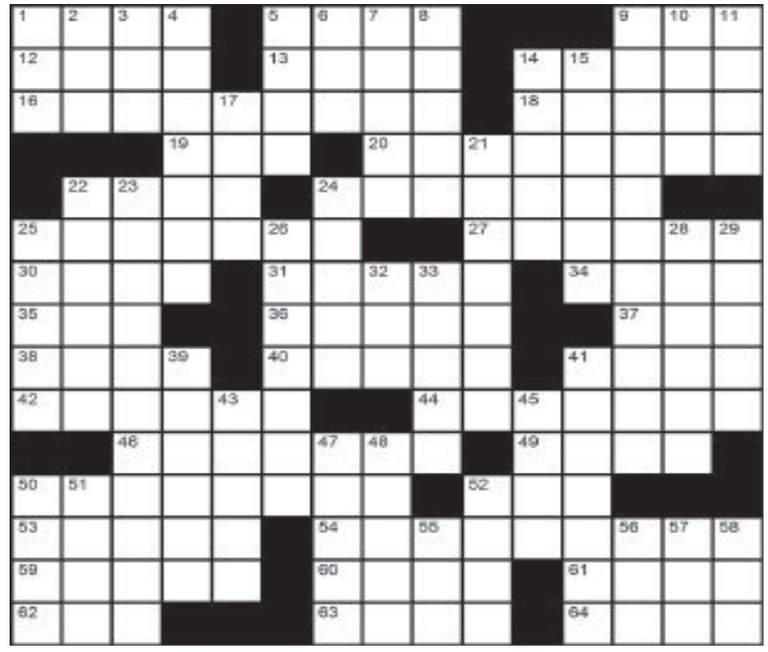
♓ Pisces
Feb. 20 - March 20
Friends and family members will let you know they are there for you today, and that's nice. Not that life will get especially tough over the next 24 hours but it's good to know support is there if you need it.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

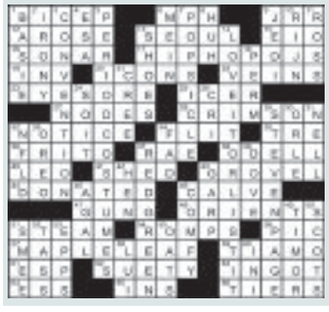
BY KELLY ANN BUCHANAN



Across
1. Types of PC files
5. __ tape
9. 1996 Snoop Dogg album: '__ Doggfather'
12. MTV's "The __ World"
13. Bread spread
14. Taj __
16. CFB __ (Naval base on Vancouver Island)
18. Jane Eyre was her governess
19. Fast rotation meas.
20. Canuck canine
22. Shakira's "__ Don't Lie"
24. Beyonce's sister
25. Eat elsewhere: 2 wds.
27. Parts of things
30. Additional
31. Morning jam spot
34. __ Spring Island, BC
35. Sport-__ (All-purpose vehicle)
36. Tedium
37. Week part
38. Scoop holder
40. Moves toward
41. Hide
42. Results
44. Canadian History: 17-century explorer who acted as an interpreter among First Nations, __ Brule
46. Confidant
49. Pay to play
50. Given a new book name
52. Dieter's stat.
53. Maid on "The Brady Bunch"
54. This thingy - ...in math: 2 wds.
59. Spelunker
60. Mr. Redding
61. Merle Haggard's "__ from Muskogee"
62. Compass dir.
63. Canadian actress Ms. Mitchell on "Pretty Little Liars"
64. "Cool!"

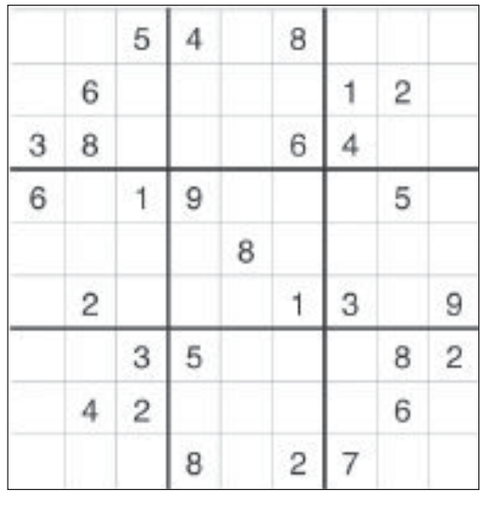
Down
1. Before
2. Iowa's capital, __ Moines
3. Website's help listing, commonly
4. Winnipeg, 'The __ Capital of the World'
5. Actor Mr. DeLuise's
6. 'Form' suffix
7. Classical quartet instrument
8. Wreck
9. Chocolate chip cookie by Canadian food brand
President's Choice: 2 wds.
10. Angel's crown
11. Yankee or Oriole, e.g.
14. __ Nixon, soprano whose singing was dubbed in for Natalie Wood in "West Side Story" (1961)
15. Words of wisdom
17. __ facto (By the fact itself, in Latin)
21. John the __
22. Socialite, Paris __
23. Jann Arden hit
24. Castle material
25. Mr. Bigalow, Male Gigolo
26. Fork or spoon
28. "Seinfeld" role
29. Flair
32. Ms. Ortiz of "Ugly Betty"
33. More certain
39. The Kennedys family member
41. Deer, to a carnivore
43. Compound in perfume
45. Pet food brand
47. Audition tapes
48. Meathead's mother-in-law
50. Running competition
51. Panache
52. Occupied
55. Ms. Peeples
56. Pres. Eisenhower
57. Angelina Jolie title role
58. Sandra Bullock movie, "The __" (1995)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	7	3	6	8	2	1	9	4
2	4	6	3	1	9	5	7	8
1	9	8	7	4	5	6	3	2
7	8	5	1	9	6	4	2	3
4	6	1	2	3	7	8	5	9
3	2	9	8	5	4	7	6	1
8	3	2	5	7	1	9	4	6
6	5	4	9	2	8	3	1	7
9	1	7	4	6	3	2	8	5

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